

## Hospitality House . . .

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attend school or work, or "Right now we have girls both. Some girls stay a few from Bethel, Nome, Brevig days; some stay on for a Mission, Aniak, Anchorage, year or more. and the lower 48," she added.

"Just this week we had a going-away party for two girls who are leaving for Mediera, California, to attend an electronics assembly school," said Mrs. Rasmussen. "Both girls have been with us for several months."

Although some girls are referred to Hospitality House by various agencies, most girls "come in on their own," reported Mrs. Rasmussen.

## TREASURY DEPARTMENT CITES TIMES AS PATRIOTIC

Two Alaska newspapers receive Treasury Department Citations for outstanding public service support of the United States Savings Bonds Program during 1967 according to Mrs. Helen M. Fischer, State Director for Alaska.

The Anchorage Daily News was cited for the best Ad

coverage in a Daily and the Tundra Times of Fairbanks for the best Ad coverage in a weekly.

In announcing the awards Mrs. Fischer stated, "The Anchorage News also received, with the citation, a permanent plaque for their outstanding support of the Savings Bond Program for the last five years."

In conclusion, Mrs. Fischer stated, "Encouraging Alaska to invest in the financial security of our nation, as well as their own financial security through the U. S. Savings Bond is the most important part of our program."

These two newspapers have certainly carried out this patriotic service in an outstanding manner and it is a great pleasure to present these awards on behalf of Secretary of the Treasury Henry Fowler."

## Alcoholic Center Praised

JUNEAU—Glen Wilcox, coordinator of the Alcoholism program in the Alaska Department of Health and Welfare returned to Juneau with words of praise for the new Fairbanks Alcoholic Rehabilitation Center which he was invited to visit last week.

The Center opened November 1, 1967, sponsored by the Community Property and Service Corporation, representing the Episcopal, University Presbyterian, Methodist and Roman Catholic churches of the area, Mr. Wilcox said:

"The facility is available to men that seek help in dealing with an alcoholic problem who are willing to accept its program and are eligible for support and cost of care from the Bureau of Indian Affairs, the state Divisions of Public Welfare and Vocational Rehabilitation, or the U.S. Public Health Service."

Sixteen men were in residence at the time of his visit, he said under the leadership of Bob Carroll, social worker and director of the Center.

"I was impressed by the young men residents and the wholesome atmosphere of the facility," Mr. Wilcox said. "The men are engaged in a well-ordered rehabilitation program which is giving them information and opportunities to deal with their alcoholic problems at the same time they are engaged in work experiences or educational opportunities of the Fairbanks Community Action program."

"It is evident that the Fairbanks Alcoholic Rehabilitation Center has received good support from the residents of the community. They have provided much needed equipment among which is a new pool table that is bringing friends of the residents to visit at the facility. We hope this Center's work will provide some answers for dealing with alcohol problems of the area."

The days that make us happy make us wise, JOHN MASEFIELD

# British Trans-Alaska Expedition Given Advice

## Part One

(EDITOR'S NOTE: Arctic survival is difficult at best but the Eskimo people have been surviving for thousands of years. In the following letter, Ticachuk (Emily I. Brown) gives advice to the British Trans-Arctic Expedition which is scheduled to leave tomorrow via dogsled for Spitzbergen. The Tundra Times prints the letter in hope that others may find the advice useful.)

Mr. Wallace Herbert  
British Trans-Arctic Expedition  
c/o Naval Arctic Research Laboratory  
Pt. Barrow, Alaska

Gentlemen:

On behalf of the Inupiat people, I congratulate you and your companions for planning to attempt to reach Spitzbergen on dogsled. The people around the world anxiously will listen about your progress and your safety. We are all hoping that your aim will be fulfilled.

Moreover, we, the Inupiat of Alaska, will be with you, so to speak, while you are traveling away from us and toward the unknown region.

This exploration in the Arctic will challenge your physical endurance, and no other people except the Inupiat as fully understand the hazardous impact of the sub zero temperatures on humans. We know it has a tendency to sap one's strength.

### GET OFF THE SLED

If such a situation should present itself to you, and you become aware of a feeling of stiffness, get off the sled immediately and run, ride, run alternately. This exercise will accelerate your blood circulation. We know you people are not yet physically able to withstand such penetrating cold affect.

You will eventually acquire strength adaptability to the climatic changes while you are traveling. This is the way the Inupiat travelers had to overcome physical stresses as they traveled great distances. My grandfather told me so, and I have had such experiences in the past.

### INUPIAT PHILOSOPHY

My grandfather was a successful hunter and a champion wrestler. Since he did not have a son whom he could train and give advice to, he taught my mother "Makway," the Inupiat philosophy of life. My mother said that she often observed his habits of diet. One particular habit of eating he had was to swallow about a table-spoon full of ugruk oil or eat a small cube of cooked or uncooked blubber before he left on a hunting trip.

Later my mother would seek answers about such habits from her father. He would explain to her that it was a necessary food he had to rely upon to keep warm. He was right because we all know now ugruk oil is considered a very rich source of vitamin A. Although the Eskimos did not acquire scientific proofs, they did select the right diet from food from the Arctic animals which provided them with the richest source of protein.

### HOW ANCESTORS SURVIVED

Mr. Herbert, I have a feeling of responsibility for your safety and would like to contribute to you and your men some information of these resources upon which my ancestors survived and overcame the obstacles to survival whenever such a situation arose.

Therefore, the purpose of my letter is to provide you with the information about our survival food, so that when an emergency does come, you and your men will have alternative sources of Eskimo food to eat.

An ugruk hunter diet would not be too unappetizing a food when an emergency of hunger becomes a threat. I am sure that you know the importance of having ugruk meat as a diet for a change.

### UGRUK FAVORITE FOOD

During the months of February and March, men hunt for this sea mammal. This animal is a favorite food of Eskimo people. Ugruk also provides the hunter with a ready source of food, namely liver, blubber, muscles of the small intestines and the contents of the stomach.

Before I elaborate about the preparation of food, I want to say that I hope you will hire an Eskimo guide, one who is experienced in hunting and who knows how to hunt sea mammals. An inexperienced man sometimes loses his life.

The Ugruk lives on moving ice and sleeps on ice floes and sometimes on the edge of the shore ice. If one of you accidentally kills such an animal, here would be your chance to change your diet to a hunter's diet.

### SLIT THE BLUBBER

Select a safe place to do the skinning. Cut a slit through the blubber vertically from the head to the flippers, then splice between blubber and adjacent surface of the meat. Lay the skin on the ice; this part will be your table for the preparation of the food. Now cut open the belly and expose the viscera.

Take the liver out and lay it down on the blubber and cut the surface of the liver into small squares. Take it to the edge of the ice and let it bleed for about two or three minutes. Put it back on the blubber carving table and chop it and a lump of fresh blubber into small pieces.

### STOMACH CONTENTS GOOD

The hair seal liver is another source of food and this food does not have trichinae. Another source of survival food the Eskimos consume is the contents of the ugruk stomach. The animal eats crustacea and does not thrive on fish.

If an Eskimo is hungry and does not have time to prepare a meal, he empties the ugruk's stomach contents on the ice, pours a bucket of water to rinse them, or washes them individually and, thereafter, consumes the clams. This food is somewhat like a raw oyster cocktail, minus the fancy sauce.

Another kind of food from the viscera is the outside muscle of the small intestines. It takes a man to remove it from its base. By now, you men will have grown sharp fingernails. This is the tool

men use to scrape off the fibrous muscle.

Dip this mass of muscles into the hot ugruk broth for a few minutes before you eat it. I hope you will like the food. Do not over-cook; it's delicious.

### DOGS FIND HAIR SEAL

Again, another way to find hair seals is by the aid of your dogs. First sign of a seal's presence nearby is when the dogs smell the scent of mother and its baby as you travel. The hair seal gives birth to its young in a snow igloo under the snow drifts over an opening to the sea.

If the dog encounters the animals while they are asleep, it can catch a seal, the mother or a cub. This is one way of depending on a dog's skill to provide you with food.

During the months of April and May, if you travel near the shoreline, you can jiggle your hook for tomcods, flounders and other fish through the cracks. During the months of October and November and December the tomcods are plentiful. We consider this fish as a survival food, especially for the handicapped people. It has a very rich liver though it is small and highly concentrated in iron and vitamins.

### LIVER AND ROE

If you should happen to like only the flesh and need a change, try a mixture of liver and roe; you can mix them for a delicious sandwich spread or this mixture can supplement a main dish. It is imperative that you bring a tomcod hook from the Barrow Natives for your use on the trail.

### TO BE CONTINUED

## Aniak Meeting . .

(Continued from Page 1)

make revisions on the constitution but this was set aside until the next meeting because of the amount of time that it consumed.

Also during these closed sessions, the members of the Council drew up six resolutions for an area state trooper, an area health clinic, a portage between the Yukon and Kuskokwim Rivers, extension and maintenance improvement on five Kuskokwim and four Yukon village airfields, and an appropriation of funds needed for an extension of the Stony River State School.

All of the projects were discussed in great detail by the people who attended the Council meeting.

The representatives in particular spent a great deal of time in the Aniak Community Hall where the meeting was held during the two days.

The officers of the Council are Garry Nelson, president; Ken Chase, vice president; Reva Wulf, secretary; and John A. Paul, Jr. treasurer.

Ten of the 18 villages sent representatives:

Ken Chase, Anvik; Garry Nelson, Aniak; Reva Wulf, Shageluk; Elsie Maillele, Grayling; John A. Paul, Jr., Holy Cross; Miska Savage, Upper Kalskag; John Smith, Lower Kalskag; Diane Carpenter, Stony River; John Andrews, Jr., McGrath; and Sam Phillips, Little Russian Mission (Kuskokwim).

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